



Your kids will be happy campers with healthy snacks.

You'll be pleasantly surprised how much your kids start to enjoy healthy snacks like granola bars, apples, baby carrots, and low-fat chocolate milk. Try it and see.

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 <i>Example: What a great day for a family hike. We went four miles.</i>	5	6	7
8	9	10	11	12	13	14 Flag Day
15 Father's Day	16	17	18	19	20 First day of Summer	21
22	23	24	25	26	27	28
29	30					

Did you know it's ...
 • National Men's Health Week - June 9-15
 • National Dairy Month

Achievement Ideas

- Fruit of the month — Plums.** Try some plums for the first time or use them in a fruit salad.
- Cut TV out of your evening routine once a week and use that time to take a family walk.
- Prepare a healthy meal together once a week. Let each member of the family participate.
- What's your idea? _____

Total number of achievements this month: _____



Meal Tips

Breakfast

Turn your leftover brown rice or barley into a breakfast cereal.

Lunch

Try some hummus (chickpeas) spread on pita bread or use to replace mayonnaise in a sandwich.

Dinner

Try to serve fish rich in omega-3 fatty acids, such as salmon or trout.

Simple Snack

Nuked Nachos — Pile pinto beans and low-fat cheese on top of whole-grain baked tortilla chips and microwave until the cheese has melted.



Activities

- Badminton
- Canoeing
- Frisbee
- Hiking/backpacking
- Croquet
- Walking

Fun Fact

99% of the calcium in your body is stored in your bones. Bones respond to load-bearing exercises like running and jumping rope by storing more calcium. The more calcium you store, the stronger your bones become. So, drink your milk and move.



www.presidentschallenge.org
www.americaonthemove.org
www.mypyramid.gov
www.fruitsandveggiesmatter.gov (recipes)
www.3aday.org

